

DINNERLY



Cherry Tomato Risotto

with Broccoli and Grated Parmesan



40 minutes



2 Servings

A one-pan, no-stir type of affair, this risotto makes dinner a breeze. Dotted with broccoli and juicy cherry tomatoes, then topped with freshly grated parmesan, it will tantalise the tastebuds too.

WHAT WE SEND

- 1 onion
- 1 head broccoli
- 250g cherry tomatoes
- 50g parmesan⁷
- 2 vegetable stock cubes
- 150g arborio rice

WHAT YOU NEED

- 2 garlic cloves
- 625ml (2½ cups) boiling water
- 1 tbs olive oil

TOOLS

- fine grater
- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 535kcal, Fat 17.6g, Carbs 68.3g, Proteins 20.4g



1. Prep ingredients

Finely chop the **onion**. Cut the **broccoli** stem into 1cm chunks, then cut the head into small florets (see Make it yours). Halve the **tomatoes**. Crush or finely chop **2 garlic cloves**. Finely grate the **parmesan**. Crumble the **stock cubes** into a heatproof jug, add **625ml (2½ cups) boiling water** and stir to dissolve.



2. Start risotto

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **onion, broccoli stems** and **garlic**, stirring, for 3 mins or until softened. Season with **salt and pepper**, then add the **rice** and cook, stirring, for 30 secs or until the grains are well coated.



3. Simmer risotto

Add the **stock** to the rice mixture and bring to the boil, then reduce the heat to low and cook, covered, for 10 mins. Add the **remaining broccoli** and cook, covered, for a further 8 mins or until the rice is almost tender.



4. Add tomatoes

Stir the **tomatoes** into the risotto and cook, covered, for a further 3-4 mins until the rice is tender and the tomatoes are softened. Remove the pan from the heat and stand, covered, for 5 mins. Stir in **half the parmesan**. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **risotto** among bowls, scatter over the **remaining parmesan** and enjoy!



6. Make it yours

If you have fussy eaters, hide the broccoli by coarsely grating it, then add it to the risotto with the tomatoes.